

Strategies Post Assessment Name _____ Period _____

This survey will be used to determine where you are in various categories of your life. This will count as a classwork assignment.

Please place a number from 0 to 10 after each comment with “0” meaning you could use improvement in this area and “10” being meaning that you’re comfortable at your current level. Put n/a if the category does not apply to you.

1. How do you handle frustration? _____
2. How would you rate your level of happiness? _____
3. How would you rate your ability to deal with stress? _____
4. How would you rate your ability to get along with your parents? _____
5. With your teachers? _____
6. With other people your age? _____
7. With your employer? _____
8. With your co-workers? _____
9. How patient are you? _____
10. How concerned are you with other people’s well being? _____
11. How would you rate yourself in terms of being self centered? _____
12. How would you rate your level of self-esteem? _____
13. How would you rate your school grades? _____
14. How would you rate your ability to step out of your comfort zone? _____
15. How would you rate your comfort with your appearance? _____
16. How would you rate your communication skills? _____
17. How would you rate your confidence level? _____
18. If you had to give your life an overall rating, what would it be? _____

What were the most important things you learned this semester?

What changes have you made in your life while you took this course?

